

High-Potassium Foods



Fruits

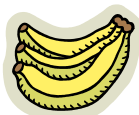
Apricot
Avocado
Banana
Cantaloupe
Casaba
Dates

Dried fruits
Figs

Honeydew
Mango
Nectarine
Orange
Papaya
Plums
Prunes
Raisins

Rhubarb

Juices made from any fruits
and vegetables on this list



Vegetables

Artichokes
Beans, dried
Broccoli
Brussels Sprouts
Celery
Escarole

Endive
Greens (swiss chard, collard,
dandelion, mustard, beet)

Kale
Kohlrabi
Lentils
Legumes
Lima Beans
Mushrooms
Parsnips
Potatoes (french fries,
baked, sweet)
Salt-free vegetable juice
Tomatoes



Other Foods

Bran/Bran products
Coffee (limit 2 cups per day)
Chocolate
Coconut
Granola
Ice Cream (limit 1 cup per
day)
Molasses
Nuts/seeds



Orange flavored pop
Salt substitutes/
Snuff or chewing tobacco
Tea (limit 2 cups per day)
Milk (limit to 1 cup per day)



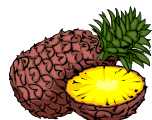
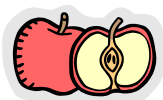
Low-Potassium Foods

Fruits

Apples
Blackberries
Blueberries
Boysenberries
Cherries
Cranberries
Gooseberries
Grapes
Loganberries



Mandarin oranges
Pears
Pineapple
Raspberries
Strawberries
Tangerines
Watermelon



Juices made from any fruits and vegetables on this list

Vegetables

Alfalfa sprouts
Asparagus
Beans, green or wax
Bean sprouts
Beets
Cabbage
Carrots
Cauliflower
Corn



Cucumber
Eggplant
Lettuce
Mixed vegetables
Okra
Onions
Parsley
Peas
Radish
Rutabagas



Squash (summer, zucchini)

Other Foods

Rice
Noodles
Bread & bread products
Cereals
Cake *#
Cookies *#
Pies *#



*no chocolate
made with low-potassium fruits only